

# Chef Suggests Croquettes Suitable For Spring Menu

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Much is said about serving the "lighter" meats in spring. Young lamb, veal, chicken, fish, sweet-breads . . . there is the small list. But no. We may double and triple it by including croquettes and cutlets of all kinds.

Meat is still meat in croquettes, yet croquettes are more than meat. The crumbs or rice or potato used to mold them and make the outer crust also take the place of the starchy member which is served in some form with meat. Thus croquettes subtly satisfy the appetite for both meat and starchy food in a moderate way, as befits the spring menu.

## Keep Cracker Crumbs.

More croquettes would be made in the home, I have an idea, if more cracker crumbs were kept ready for daily use. There should be a jar of both medium and fine crumbs always handy. One's choice of crumbs, too, is important. Coarse or medium-fine crumbs may be used for the binding together of meat and fish or vegetable loaves or croquettes, but crumbs for the outer coating should always be finely crushed. This gives to croquettes a smooth brown crust which is as firm as need be, yet deliciously tender. The plain soda or salted crackers make the most satisfactory crumbs for croquettes, although I have known some very tasty croquettes to be made with crushed cheese wafers.

A word about "egging and crumbing," and then two good croquette recipes which are especially suitable for spring menus. After forming

croquettes, roll them lightly in plain crumbs, and let stand until just ready to fry them. Now dip in slightly beaten egg seasoned and mixed with a tablespoon of water; Roll again in crumbs and fry in hot fat. Drain on brown paper, place on a hot dish and send at once to the table.

## Chicken Croquettes.

Make these when you have left from roast chicken about one cupful of the cooked meat. Chop meat in small dice and add three chopped hard-cooked eggs. Crumble about two dozen salted or soda crackers and over them pour three-fourths cup of hot milk. Add a teaspoon of chopped parsley, the meat and eggs, a little onion juice and salt and pepper. Mix well and let stand for 10 or 15 minutes. Mold into cork-shaped croquettes, dip in crumbs, egg and crumbs and fry in deep hot fat. Serve at once with a rich cream sauce which may be plain or flavored with minced sautéed mushrooms, or garnished with a few green peas.

## Veal Cotelette.

One may make very delicious cutlets of chopped raw or cooked veal by mixing together two parts of the chopped meat to one part of coarsely crushed cracker crumbs. Season with a small onion, minced and softened in butter, a teaspoon each of finely minced parsley and young celery leaves, salt and pepper. Bind ingredients with a beaten egg, shape into flat cutlets and brown quickly on both sides in hot butter; lower the heat and cook more slowly until crust is firm and crisp and meat is done.